



Bill Cooper, director of the CHFS Division of Aging Services, second from left, presented one of the Senior Center of the Year awards to the Ohio County Senior Center. Pictured are (l-r) Ohio County Judge/Executive Wayne Hunsaker, Cooper, Center Director Charlotte Whitaker and Mertigene Bell.

Aging Network Awards honor excellence in service to seniors

The Kentucky Aging Network, made up of the state Division of Aging Services in the Cabinet's Department for Human Support Services and the 15 Area Agencies on Aging, annually presents awards for excellence in service to older adults. The 2005 awards were presented at the Aging Network Conference Sept. 9.

Since 1990, the network has honored two senior centers each year, one serving an average of 50 or fewer clients daily and one serving a daily average of more than 50 clients. The annual Senior Center of the Year awards are based on the time and energy devoted by the centers and the outcomes of the efforts to help seniors remain a vital part of their communities.

The 2005 Senior Center of the Year award winners are Ohio County Senior Center in the Green River district, serving 50 or fewer daily, and Ermine Senior Citizens Center in the Kentucky River district, serving more than 50 daily.

Five new awards were added to the program this year. Advocate of the Year honors an individual who has made a positive impact on the quality of life of older adults. Adult Day Center of the Year honors a center that has made a significant contribution through its role in the aging network. Business Partnership of the Year recognizes an individual in the business community for his or her

contributions to improving the quality of life of older adults. Caregiver of the Year recognizes an individual whose caregiving services have helped significantly improve the lives of seniors and supported the aging network. Volunteer of the Year honors an individual whose outstanding volunteer efforts on behalf of the aging network have had a significant impact.

The first-ever winners of these awards are:

- **Advocate of the Year** – Nikki Henderson, Louisville
- **Adult Day Care Center of the Year** – Fleming County Adult Day Care
- **Business Partnership Award** – Clayton Watkins Construction Company, Inc., Leitchfield
- **Caregiver of the Year** – Ruth Ann Copeland, Bowling Green
- **Volunteer of the Year** – Mamie Rikel, Paducah

The Area Agencies on Aging also have the opportunity to recognize individuals and centers in their regions for extraordinary achievement in the past year. AAAs may name two senior centers from their multi-county or metropolitan regions for special recognition, one with an average daily attendance of 50 or fewer and one serving more than 50 on an average daily basis.

The AAAs also may choose to honor one State Health Insurance Assistance Program volunteer from their regions for service above and beyond the call of duty. SHIP volunteers provide information, counseling and other forms of assistance to help seniors and disabled individuals, their family members and caregivers make informed health care decisions.

This year's winners chosen by the AAAs are:

- **Barren River**
SHIP Volunteer - Sandi Knight
Center serving 50 or fewer - Adairville Senior Center
Center serving more than 50 - Russellville Senior Center
- **Big Sandy**
SHIP Volunteer - Tammy Hunter
Center serving 50 or fewer - Mud Creek Senior Citizens Center
- **Bluegrass**
SHIP Volunteer - Louis Dailey
Center serving 50 or fewer - Danville-Boyle County Senior Citizens, Inc.
Center serving more than 50 - Franklin County Council On Aging

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- **Buffalo Trace**
Center serving 50 or fewer - Fleming County Senior Center
- **Cumberland Valley**
Center serving more than 50 - Harlan County Senior Center
- **FIVCO**
Center serving 50 or fewer - Boyd County Senior Center
- **Gateway**
SHIP Volunteer - Norma Patton
Center serving 50 or fewer - Montgomery County Senior Center
Center serving more than 50 - Rowan County Senior Center
- **Green River**
SHIP Volunteer - Karen Laney
Center serving 50 or fewer - Ohio County Senior Center
Center serving more than 50 - The Gathering Place – Henderson Senior Center
- **Kentucky River**
SHIP Volunteer - Jane Marry
Center serving more than 50 - Ermine Senior Citizens Center
- **KIPDA**
SHIP Volunteer - Polly Troxell
Center serving more than 50 - Oak and Acorn Intergenerational Senior Center
- **Lake Cumberland**
Center serving 50 or fewer - Russell County Senior Center
Center serving more than 50 - Pulaski County Senior Center
- **Lincoln Trail**
SHIP Volunteer - Scott Cederholm
Center serving 50 or fewer - Lebanon Senior Citizens Center
Center serving more than 50 - Meade County Senior Center
- **Northern Kentucky**
SHIP Volunteer - Bessie Mays
Center serving 50 or fewer - Northern Kentucky Senior Center
Center serving more than 50 - Campbell County Senior Center
- **Pennyrile**
SHIP Volunteer - Edith Lewis
Center serving 50 or fewer – PACS/Muhlenberg County Senior Citizens Center
- **Purchase**
SHIP Volunteer - Sue Tilley
Center serving 50 or fewer - Ballard County Senior Citizens Center

Center serving more than 50 - Paducah-McCracken Senior Center

Who should get a flu shot this year?

DPH outlines priority groups to get flu, pneumonia vaccinations

The Department for Public Health has recommended that only individuals in high-risk groups receive flu vaccine this year before Oct. 24, in accord with guidelines issued by the Centers for Disease Control and Prevention.



This year, the CDC has broken into tiers the high-risk groups based on each group's degree of risk for serious flu-related complications. Because availability and distribution uncertainties exist this season, DPH recommends that all Kentucky health care providers follow the CDC guidelines. According to the guidelines, only first-tier priority groups should receive flu vaccine (in the order listed) until Oct. 24, 2005 (chart showing all priority tiers included at end of release):

Tier 1A

- Individuals 65 years or older with chronic health conditions
- Residents of long-term care facilities

Tier 1B

- Individuals ages 2-64 with chronic health conditions
- Individuals older than 65 with no chronic health problems
- Children 6-23 months old
- Pregnant women

Tier 1C

- Health care workers who provide direct patient care
- Household contacts and out-of-home caregivers of children younger than 6 months old

“Because influenza vaccine distribution delays or vaccine supply shortages have occurred nationally three of the last five flu seasons, CDC has recommended that we prioritize high-risk groups until late October,” said William Hacker, M.D., public health commissioner. “We do not yet know



whether there will be a vaccine shortage this season. This policy will help ensure that there will be enough vaccine available for those at highest risk for complications from the flu.”

DPH has already asked that local health departments vaccinate priority groups in a step-wise progression, initially vaccinating the eligible population in category 1A, followed by the population in category 1B, and continuing with category 1C prior to Oct. 24. Kentuckians in these high-risk categories should contact their local health departments or primary care providers to find out when vaccinations will be available for person in their risk categories.

If adequate flu vaccine is available nationally after Oct. 24, vaccinations will be made available to everyone regardless of risk level. Healthy people ages 5-49 who are not pregnant can also receive the nasal flu vaccine at any time.

The flu vaccine is not the only way to protect against complications from the flu, Hacker said. “In addition to flu vaccine, we strongly encourage all adults 65 years or older and others in high-risk groups to ask their health care providers about the pneumococcal vaccine, which can help prevent pneumonia, one of the flu’s most serious—and potentially deadly—complications,” he explained. “This vaccine is extremely safe, effective, can be taken at any time of year and is currently available in an adequate supply.”

Pneumococcal disease is caused by bacteria and can result in serious pneumonia, meningitis or blood infections. According to the CDC, pneumococcal disease kills more people in the U.S. each year than all other vaccine-preventable diseases combined. Between 20,000 and 40,000 deaths nationally are attributed to flu and pneumonia each year, with more than 90 percent of those deaths occurring in people age 65 and older.

For more information on the 2005-06 flu season, visit the CDC’s Web site at <http://www.cdc.gov/flu>.

VACCINATION TIERS

The tiered system for prioritization recommended by CDC is as follows:

Tier/Category	Those Eligible by Tier/Category
1A	Individuals 65 years or older with chronic health conditions, Residents of long-term care facilities

1B

Individuals 2-64 years with chronic health conditions
Individuals older than 65 without chronic health conditions
Children aged 6-23 months
Pregnant women

1C

Health care workers
Household contacts of children and out-of-home caregivers of children younger than 6 months
Household contacts of children and adults at increased risk for flu-related complications,
Healthy people ages 50-64
People ages 2-49 without high-risk conditions

New state employee health plan

Information from the Governor’s Communications Office

On Jan. 1, 2006, the Fletcher administration will launch the Kentucky Employees Health Plan, a new statewide employee health insurance plan that will offer the same benefits choices at the same cost to employees as the current 2006 plan. The state will move to a self-funded plan instead of using regional insurance company contractors.



Prescription co-payments for first tier drugs will be reduced to \$5 per prescription to encourage the use of generic drugs offering the same medical benefit at a lower cost.

CHFS and the Personnel Cabinet are collaborating to implement the new plan. The state has selected Humana, Inc., in partnership with Bluegrass Family Health, as the plan’s benefits administrator, while Express Scripts, Inc. will be the pharmacy benefits administrator. These companies will coordinate services and information with one another to ensure seamless delivery of service for members. Contracts run for two years and were awarded using the state procurement process.

Under the self-insured program, the state accepts the risk of and manages the entire health plan. The changes will

provide consistent benefits and an extensive provider network to members across Kentucky.

Open enrollment is scheduled for Oct. 17-28, during which employees, for the first time, will be able to take advantage of online enrollment.

For additional information, contact Member Services at the Personnel Cabinet at (888)581-8834 or (502)564-6534 or visit the Personnel Cabinet's Web site at <http://personnel.ky.gov>.

State-sponsored life insurance enrollment deadline Sept. 30

Information from the Office of Human Resource Management

Open enrollment for the state-sponsored life insurance is going on now. The deadline for submitting forms is Sept. 30. Eligible employees should have received materials on the new insurance contract with the Prudential insurance company. The open enrollment packet, including enrollment and beneficiary forms, is available from CHFS employee timekeepers.

Things to remember:

- An eligible employee is anyone in a full-time merit, full-time non-merit or full-time federally-funded time-limited position. Employees in part time or interim positions are not eligible.
- All eligible employees must complete a new Designation of Beneficiary form.
- Only employees who wish to make changes in their coverage will be required to complete an open enrollment application. Changes include termination of policy, selection of optional insurance and selection of dependent insurance.

ALL changes, including termination of plans, are effective Jan. 1, 2006.

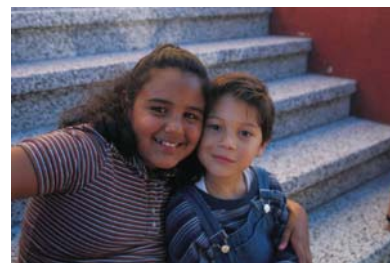
- Optional Plans 3 and/or 4 are based on the employee's annual salary and do not change unless the employee makes the request in writing within 30 days from her/his salary increment date.
- Dependent children are only covered to the age of 18, unless they are full-time students and dependent on the employee for financial support. Each employee is responsible to notify the Division of Personnel Administration when a dependent is no longer eligible.

Employees are asked to submit forms to their timekeepers well in advance of the Sept. 30 deadline. Timekeepers submit completed forms to OHRM on a daily basis. Questions about current coverage should be directed to payroll administrators.

Again, all eligible employees must submit a new beneficiary form by Sept. 30.

National Hispanic Heritage Month begins this month

In 1968, Congress authorized President Lyndon B. Johnson to proclaim a week-long observance and in 1988, it was extended to a month-long celebration running from Sept. 15-Oct. 15.



This is a wonderful opportunity to recognize and appreciate the rich diversity and cultural heritage of the Hispanic community.

DPH sponsoring African-American and Hispanic Leadership Conference on HIV/AIDS

Conference to be held in Louisville Sept. 23-24. The HIV/AIDS Branch of the Kentucky Department for Public Health is sponsoring the 10th Annual African-American and Hispanic Leadership Conference on HIV/AIDS Sept. 23-24 at the Executive Inn in Louisville.



The focus of the conference is to provide education to leaders from African-American and Hispanic communities and motivate them to develop community HIV prevention programs. The HIV/AIDS epidemic affects minority populations in disproportionate numbers: African-Americans are much more likely to contract HIV or AIDS than whites and infection among Hispanics in Kentucky is on the increase.

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- In Kentucky the AIDS rate for African-Americans is approximately eight times greater than the rate for whites or other races.
- Nationally, AIDS was the third-leading cause of death for African-Americans between the ages of 25 and 34 in 2001, compared to the sixth-leading cause of death for whites in the same age group.
- Nationally, HIV/AIDS was the third-leading cause of death among Hispanic men ages 35 to 44 and the fourth-leading cause of death among Hispanic women in the same age group.
- African-Americans make up 8 percent of Kentucky's population, yet they make up 37 percent of persons diagnosed with AIDS in 2003.
- AIDS among the Hispanic population has increased recently. From 1982 to 1996, the most Hispanic cases diagnosed in a single year was six. In 1997, 10 Hispanic AIDS cases were diagnosed. Hispanic cases decreased to six in 1999; however, the number of newly diagnosed cases began to increase thereafter and, since 2000, there have been 60 newly diagnosed Hispanic AIDS cases, with the most diagnosed in 2004.

To register for the conference or to obtain additional information, contact Ramonda Yocum, DPH's HIV prevention minority initiatives coordinator, by e-mail at Ramonda.Yocum@ky.gov or by phone at (502)564-6539.

Allow three weeks for travel reimbursement

From the Travel Reimbursement Branch

All CHFS employees want travel reimbursements processed and delivered quickly and efficiently. Over the last



several months the Travel Reimbursement Branch has made great strides in reducing the turnaround time for processing payments.

TRB staff respectfully ask employees to allow at least three weeks from the date they submit an approved voucher before inquiring about payment. Vouchers are processed beginning on the date received, so when inquiring on the status of travel reimbursements, you must know when the voucher was mailed to TRB.

Keep in mind that processing 3,500 in-state travel vouchers per month is only one function of TRB. Please

exercise common courtesy when inquiring about travel reimbursements and remember: Every minute spent looking for your payment is time that's not spent processing vouchers.

DDS fires up KECC campaign, raises almost \$1,000 at cookout

By Anya Armes Weber

Proving why they have recently been awarded the Cabinet's KECC Cup, the Department for Disability Determination Services' Frankfort office

recently raised hundreds of dollars for the Kentucky Employees Charitable Campaign.



The DDS cookout on Sept. 7 netted \$938. Staff donated the money raised selling grilled burgers and hot dogs, soft drinks and homemade desserts.

DDS KECC Coordinator Bonnie Cox said the money raised will go to the Hurricane Katrina relief fund.

CHFS Focus Health Tip of the Week: We really are what we eat

By Anne Parr, R.N.

We hear a lot about cholesterol because it has been linked to heart disease, the number one cause of death in the United States. However, what we often fail to recognize is that some of the cholesterol we consume really does become part of us by clinging to the lining of our arteries.



Cholesterol is a waxy substance the body needs to grow new cells. It is found in meat (including poultry), eggs, dairy products and seafood. In addition, the body also manufactures its own cholesterol. Problems occur when cholesterol deposits build up in the arteries, causing arteriosclerosis or hardening of the arteries, heart disease and heart attack.

Cholesterol levels are a function of what we eat, how much we exercise, whether or not we smoke and possibly hereditary factors. Most of us can reduce our cholesterol levels just by changing what we eat.

According to the American Heart Association, the average adult should consume no more than 200 mg. of cholesterol a day and no more than 30 percent of your total daily calories should come from fat. Meats, eggs, most dairy products, palm oil and coconut oil contain the most cholesterol, but it is not found in grains, fruits, vegetables and vegetable oils.

Lowering cholesterol intake does not mean giving up good-tasting foods. It just means eating sensibly. For more information on cholesterol and healthy eating, visit www.nhlbi.nih.gov.

Employee Enrichment



By Anya Armes Weber

Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.

Fear of failure is a big reason why people don't find innovative solutions to their workplace problems, says author and business performance expert Jim McCormick. Finding a new, workable solution to a problem means taking risks, and not every risk will work, McCormick says. That's why management should help staff learn to embrace failure and feel comfortable making mistakes when the proposed outcome is intended to result in better customer service.

McCormick said he's found in his studies that people are hesitant to take risks either because they don't perceive management's support for it or they believe it will have a negative impact on their careers.

He offers these steps to increase initiative and innovation in problem solving:

- Never allow an unsuccessful risk to hamper a team member's opportunities and advancement.
- Establish a recognition program that rewards both risks that pay off and well-considered risks that do not. Awards need to be announced simultaneously and rewarded identically.
- Establish a formal, non-critical process for taking lessons from unsuccessful risks. Communicate the lessons – the sooner the better.